

PROPOSAL TO PROVIDE TRAINING FOR ACCELERATED  
REST TO ELIMINATE COMBAT FATIGUE AND STRESS

I. Reference Page

A. This contains all references used in the Proposal preparation.

II. The Problem

A. This section explains our understanding of the U.S. Army's problem regarding combat stress and fatigue. Subdivisions are:

Performance Effectiveness

U.S. Army Doctrine

Techniques for Managing Combat Stress and Fatigue

- Resource Management
- Leadership
- Personal Discipline

The sections of the problem are mostly direct excerpts from the furnished references since these are directed primarily to the combat stress and fatigue.

III. The Monroe Institute of Applied Sciences

A. Background

B. Sleep Research

C. The Hemi-Sync Process

D. Coding

Section III is designed to show the past performance, history, research successes and discoveries of the MIAS.

IV. The Training Plan Proposal

A. Technical Approach to Training

1. Explanation of coding, reduction to Delta for 2 minutes, equivalency of 5 hours sleep etc.



## B. Training Procedures

1. Equipment
2. Layout
3. Instruction Technique
4. Number of Students Required
5. Reports
6. Tape Techniques

## C. Results of Training

1. Tapes first
2. Without tapes
3. Benefits

The training plan should be a comprehensive section showing the procedures, goals and techniques of applying the training.

## V. Attainment of training goals

- a. Instructors' specifications
- b. Schedule
- c. Final report description

## VI. Sub-contract Support

### A. Description of all services, costs of Analytics

Subcontractor use must be approved by the contracting office prior to award of the contract to MIAS.

## VII. Attachment

### A. Form 633-4

